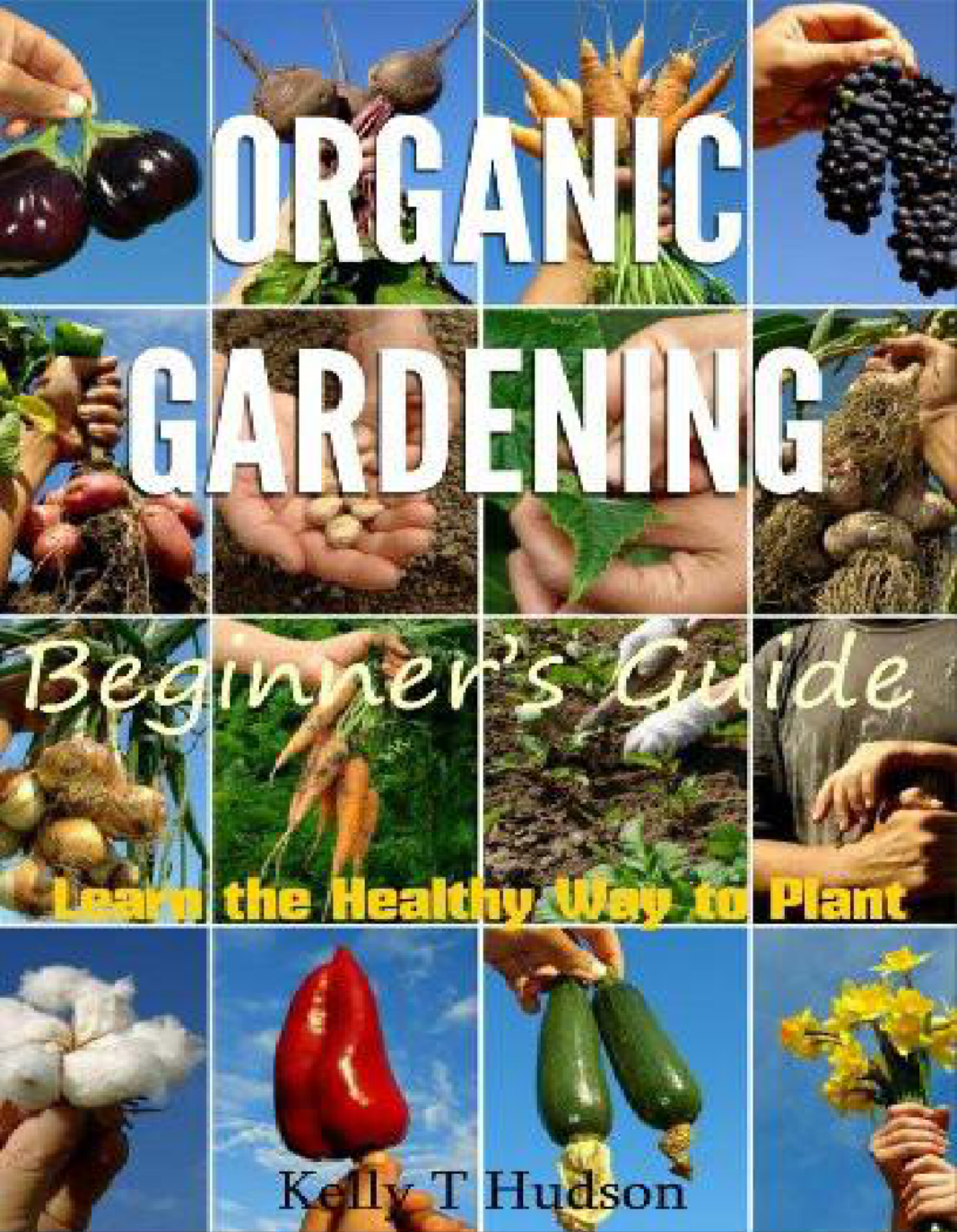


Organic Gardening - Beginner's Guide Learn the Healthy

Kelly T Hudson

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ORGANIC

GARDENING

Beginner's Guide

Learn the Healthy Way to Plant

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The author has tried to be an authentic source of the information provided in this report. However, the author does not oppose the additional information available over the internet in an updated form. The objective of providing basic information and different tips of growing organic flowers and plants is to help beginners do their best in organic gardening. The information included in this book cannot be compared with the guidelines provided in other books related to organic gardening. All readers can seek further help through additional sources of information.

Ignoring any of the guidelines or not following the gardening instructions may lead to getting unfavorable results. Therefore, the author is not responsible for such negligence.

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How Will This Book Help You Become A Great Organic Gardener?

Welcome to your own organic garden! Yes, you can do it even if you are planting seeds for the first time. This book has been designed to facilitate you with the basic knowledge you should have before going for organic gardening. Since planting different kinds of seeds requires detailed know-how of making your own organic garden, there are many concepts you should keep in mind before experimenting with planting fruits and vegetables.

Understanding specific guidelines mentioned in this book will not only help you enhance your gifted gardening skills, you will also be able to save a lot of time practicing how to plant fruits and vegetables the right way, and in the right season.

Furthermore, this book includes various tips and tricks, suggestions, and an entire step-by-step process to begin your organic gardening the right way.

Introduction to Organic Gardening

What Actually Is Organic Gardening?



Simply put, organic gardening is a unique way to plant flowers, fruits, and vegetables without using any chemicals, pesticides, fertilizers, and other synthetic products that could harm these plants. Ideally, making your garden organic can replenish the resources while using them.

In addition, rather than using artificial products for fertilization of soil, organic gardening requires the use of organic matter, i.e. dried leaves, compost, kitchen scraps, animal waste, and grass clipping. This is how you can feed the soil naturally. When the soil is fed naturally, it feeds the plants the same way.

Things You Can Plant



You can come up with all the fruits and vegetables, even those you may like to use in cooking. So, plant anything you like, such as garlic, tomatoes, potatoes, spinach, peppers, and beets.

What You Should Have To Begin Organic Gardening

Gardening Tools



Some of the gardening tools will make it easier for you to maintain plants' growth. So, before you begin to plant a seed, make sure that you have your own gardening tools available at home.



Water

You will need to water the organic plants according to their types as well as their seasons. So, store clean water in advance.

Botanical Pesticides



Though pesticides are not what an organic garden will require, it definitely needs botanical pesticides to maintain the health of plants as well as the soil. Secondly, these types of pesticides play a significant role in terms of controlling pests.

Patience!

As a beginner, you will come across situations in which you cannot see immediate results, even if you have treated the soil of your garden perfectly. This is quite normal. Your first try will not necessarily result in success. The best way to handle this is to have patience and persistence. Slowly and gradually, you will learn how to excel at organic gardening. Remember that it all comes with practice. So, take your time, and keep applying useful tips to make your organic garden.

Organic Gardening – The Guidelines

Who doesn't like eating chemical-free fruits and vegetables that came right from their own garden? Serve these to your guests and they will love them too! However, many people believe that organic gardening is not something everyone can do. In reality, it is actually the opposite, i.e. anyone can do this easily. If you have the passion and willingness to plant organically, all you need to know is how to do it.



Here are the basic step-by-step guidelines to help you become a great organic gardener:

Select Your Plot



Plan where you want to set up your organic garden. You have endless options if you have around fifty acres of land. However, this is definitely not possible for everyone. So, having even a small backyard garden in your house will be the perfect place to begin with organic gardening. Choosing one of the following options will help you select the plot that is best for you:

The Ground



If you do not want to spend money on buying containers or soil, then you have an even better option, i.e. the ground. Growing plants directly on the ground will provide them the benefit of natural organisms. This will help your organic garden thrive for a longer period of time. Since earthworms already exist in the ground, they contribute well to the plants' growth by breaking down other plant and animal matter into essential nutrients. In addition, they will aerate the soil.

Obviously, ground-growing will require you to put maximum efforts into it, but it is actually worth it because you can apply different gardening techniques in this healthier soil, even for years.

How to Choose the Right Type of Ground



If you have selected your backyard as the ground to start off with organic gardening, then you must know a few things before moving further. First of all, choose the soil that comprises of sand, clay, silt, and compost. However, most backyards do not contain an equal ratio of these elements. To ensure that you begin with the right kind of ground, use a shovel after clearing out the grass. Now, turn the soil to mix it well throughout the ground.

Raised Bed



If you think that the existing soil in your ground does not have everything a healthy soil needs for planting seeds, then you should go for a raised bed. All you need to do is to construct the soil bed. Get it into any shape by using materials such as, stone, brick, or untreated wood as its border.

Things to Remember

While making a soil bed in your own garden, apply the following tips:

- a. Do not make the soil bed extra wide. Remember that you are required to reach its middle.



- b. Keep the depth of 16 inches. This will allow roots to grow properly.
- c. Fill this bed with compost and soil.



Container Gardening

Don't have a backyard? Use containers to grow plants and flowers at home. Even if you want to plant vegetables such as, green onions, tomatoes, beans, lettuce, and peppers in them, you can do this easily while keeping them in containers!



However, choosing the right size of a container is definitely a concern many beginners think about. Gardening experts always recommend growing them in large-sized containers, as this allows companion planting. Furthermore, you can reserve water and food in large containers easily, resulting in growing healthier plants.

How to Get the Best Container for Gardening



While buying a large-sized container, check that the container contains holes at the base for water drainage.

Get Growing



Once you have selected your plot for gardening, it is time to start growing plants. Since this is the first time you are experiencing organic gardening, start off with what you want to plant. For instance, growing peppers is a good idea if it is one of your favorite foods.



Seeds or Seedlings?



Available in different varieties, you can buy seeds at a low price, but you will have to use those seeds indoors so that they can give maximum benefits to your organic garden. Planting them indoors in the month of March can be the ideal season to look forward to.



If you are too passionate to see your plants grow quickly, then buy seedlings instead of seeds. This is because you can plant them directly in the garden. However, it is important to read the instructions or guidelines mentioned in their packets.



Once done, carry on with planting them in your garden.

Companion Plants



Companion plants are useful in terms of helping other plants grow. So, place these companion plants near the plants you want to grow. They will enrich the soil along with repelling pests, which is why placing companion plants in the soil bed is an effective way to avoid pesticides and fertilizers.

How to Choose Companion Plants



When it comes to buying the right companion plant, you have a lot of choices available. For instance, you can look for legumes such as, beans and peas. They turn atmospheric nitrogen into the form used by nearby crops. Secondly, you can bring home some vegetables such as, onions. Plant them near the vegetable plants you want to grow. The result? The smell of onion will keep pests away from them.



Likewise, Marigolds are another type of companion plants that will help you keep your plants healthy by repelling pests away from the veggies.

Bugs That Are Good For Your Plants



There are many companion plants such as, sunflowers that attract insects that can actually be beneficial for your fruits and vegetables. Some of these “good bugs” are ladybugs, ground beetles, and lacewings.



This indicates that you can plant some sunflowers to ensure good

health of your plants.

Feed Your Garden

When you have completed the step of planting seeds into your carefully-selected soil with the most suitable companion plants, it is time to tend the garden with to get the best results.



Rather than waiting for the plants to grow instantly, give some time to the soil surface. To do this, you should follow the steps mentioned below:

Mulch



Don't worry if you have never heard this word before. It is a common requirement of keeping the soil healthy. Simply put, mulch is applied to the surface of the soil, serving different purposes at a time. For instance, cutting down on watering and weeding, and stabilizing temperatures can be best done by applying a layer of mulch on the ground.

How to Get Mulch



You can get mulch in any form, such as, autumn leaves, newspaper, grass clippings, tree bark, hay, or any other organic matter.



When you put mulch on the soil, the organic matter will decompose slowly and gradually. Throughout the decomposition process, it will be providing extra nutrients to your soil, along with improving the overall structure of the soil bed.

Things to Remember



Before spreading mulch onto the soil, consider the following points:

- a. Weed the planting area thoroughly.

- b. Make sure that you do not put anything on the top of seedlings or seeds.

Water



Now that you have prepared the soil well with spreading the mulch evenly, the next step is to water the soil bed by knowing the right proportion. To do this, it is important to have basic knowledge of plants requiring a specific quantity of water to grow.



For instance, many plants need a single inch of water per week. On the other hand, new plants, or those plants that are about to yield

vegetables or fruits have a strong requirement of moisture. So, water the plants according to their types.

What Is The Correct Way Of Watering Plants?

Remember that the seeds you have planted on your own deserve some extra care. Even if it is about watering them, apply the watering techniques followed by professional gardeners.



Soaker hoses are great for watering your plants. This kind of hose consists of small pores which allow the water to seep put gently. This is an effective as well as eco-friendly way to water plants, especially if you have started gardening organic plants in a dry climate.



Furthermore, the use of a soaker hose will help you water the plants while keeping their leaves dry. This way, you can be sure of keeping your plants away from fungus.

“What If I Use A Regular Garden Hose?”



This is one of the most common questions asked by those who have recently entered into organic gardening. Though watering your plants with a soaker hose is an ideal option for you, it is okay to use your regular garden hose. However, you need to take some extra care while using it. To do this, follow some simple instructions mentioned below:

- a. Before using the hose, soak your garden soil thoroughly.
- b. Instead of watering in the middle of the day, do this either in early morning, or afternoon, as there are chances that the water may evaporate.

Weed



Though organic herbicides are available at various garden stores, it is best to pull out all those unnecessary weeds by hand. Even before they become prominent, try to remove them as early as possible.



The best way to pull out weeds is to grab their roots with leaves.

Preparing Your Garden for the Next Season

When the autumn season is on its way, and your plants have yielded fruits and vegetables successfully, you will notice that you need to prepare for the next season by welcoming a new beginning. So, the

right time to pull these plants out has come. Start preparing your garden for the winter by spreading rotted manure on your garden's ground. Do this after the plants have been removed completely. The dressing will make the soil smooth, making it useful for winters.

Useful Tips to Apply As a Beginner

When you start creating a garden of your own as a beginner, you may come across different situations, each demanding you to come up with the correct solution. However, it is normal to make mistakes initially. You can have command over all the technicalities of organic gardening if you know how to treat each related problem in the correct manner.

By following the organic gardening tips mentioned below, you can start the journey of planting fruits, vegetables, and flowers like an expert!

Tip 1: Maintain the Balance



Remember that organic gardening is not magic. It is the perfect blend of fertile soil, seeds without genetic modification, fresh and clean water, and ample sunshine. So, make sure that you balance all these necessary elements. Missing out even a single one can lead to wrong results.

Tip 2: Start Small

Obviously, you are still a beginner. Then, why worry about planting a large number of seeds at once? Here, you need to keep in mind that expertise in organic gardening is gained through practice and experience. To begin with, you can choose a small raised bed, and plant some basil to give it a try. Even if you do not get the required results, you can start off by planting it again, without even disturbing the ground.

Tip 3: Understand the Growing Requirements of Plants

Every plant is different. When it comes to growing, each one of plants has different requirements. Many people often overlook this point, which is why they are unable to see their plants grow. To avoid this situation, know about the growing requirements of your plants beforehand. Also, determine your climate zone, and buy plant seedlings accordingly.

Tip 4: Space Smartly



It is possible to get maximum yields from your plants by spacing them correctly. You can do this by following a different method of arranging your plants. For instance, instead of filling the soil bed with the seeds in rows or square patterns, plant them in triangles. By doing this, you will be able to fit ten to fourteen percent more seeds in a single soil bed.

Tip 5: Keep in Mind That Organic Gardening Has No Shortcuts

Though organic gardening can be learned easily if you have the passion to grow fruits, vegetables, and flowers in a healthier way, many people try to figure out shortcuts to grow them, such as, by using synthetic chemicals to grow them fast. However, this is a myth some people still believe in. In reality, you cannot grow organic plants fast even with the help of chemicals without adverse effects. This indicates that you need to wait for the specific time period till the plants have grown naturally.

Tip 6: Keep Distance between the Plants



If you have spaced them too tightly, then there are high chances that your plants will not reach full size, especially when they are crowded. This indicates that increasing the space between plants from eight to ten inches can help you get double yield from these plants.

Tip 7: Clean Your House and Get Rid Of Insect Killers



Housecleaning has a lot to do with keeping your plants safe. So, clean the house before you buy the seedlings. This way, you will be able to get rid of all the insects that can harm your plants. Also, throw away all the insect-killing chemicals you have in your house. This will help you avoid these harsh chemicals even if you see insects near the soil bed of your plants.

Seasonal Vegetables – When to Plant Them and How

When you go out to buy seeds or seedlings of some plants, but cannot decide which one to plant first, you can always go for planting some common vegetables. Some suggestions are given below:

Spinach



Spinach is grown in winters. So, plant it in the late summer or early spring. While planting the spinach seeds, it is important to take care of the soil's depth. You can plant seeds half inch deep. Also, ensure that you keep appropriate distance between the seeds. An ideal way to do this is to take twelve to fifteen seeds of spinach per foot, in a single row.

When the plants have grown an inch, thin them to two inches apart. Do not forget to provide them ample moisture. So, water them whenever required. Generally, it takes around 40 days to get the right length of leaves. This means that you can cut the leaves when they are large enough within the specified time period. To do this without hurting the inner leaves, just cut the outer leaves, and they are ready to be cooked!

Beets



When the soil is ready to take the beets seeds, plant them right then. The seeds of beets should be planted an inch apart and three-fourth of an inch deep. When the seedlings have reached four inches tall, you need to thin these seedlings to four inches apart.

Sow new beet seeds every 3 weeks till the midsummer arrival. This will help you experience a secure harvest. When the beet bulbs have a length of 1.5 to 3 inches in terms of diameter, it is time to pull the beets. You can figure this out by the timeframe required for their growth, i.e. around 60 days from the time when you had sown the seeds.

Tomatoes



Be careful while planting tomato seeds, as they need to be planted indoors first. This is the main reason why you should go for tomato seedlings rather than seeds. To avoid waiting for around 4 to 6 weeks, buying seedlings and planting them in your garden directly is definitely a better option. Secondly, it is much easier to use in the soil.

To plant tomato seedlings, you need to transplant them into the soil when the temperature at night stays above forty-five degrees. Though it is a labor-intensive effort, you will be able to get larger fruit if you take proper care while planting tomatoes in an organic way. This indicates that you should look for tomato cages, which are available at numerous garden centers. These cages will help your plants avoid sprawling.

After planting the seeds, wait for fifty-five to eighty days. During this time period, keep checking whether the soil has moisture or not. Now, check the color of these newly-planted tomatoes. Pick them when they have got firmed and bright-colored.

Peppers



Peppers are planted in summers. So, when the weather reports sixty-five degrees at daytime and reaches sixty at night, take out your pepper seedlings, and allow them to adjust outside. When the temperature is a few degrees high, transplant the seedlings into a spot which receives ample sunlight.

When you place the seedlings, make sure that you leave a space of twelve to twenty-four inches between each plant. Also, keep the plants moist. Wait for sixty-five to eighty-five days, till these organically-grown peppers are ready to eat. When they are about three to four inches long, it is time to pick them.

Summer Squash



To plant squash, it is necessary to check whether the plants to be grown can still face the frost danger or not. This is the main reason why you should wait for the time when the frost season has gone. Take the squash seeds and plant them directly in summers. Sow 2 or 3 seeds, which should have the distance of twenty-four to thirty-six inches.

Planting even a single plant will be enough as it yields enough fruit throughout the season. However, if you want to plant more, then growing two summer squashes can be an ideal practice.

Pick the squash when they are small, six to eight inches long. Since these plants produce rapidly, you need to be sure that you pick them every day. This is an effective way to ensure that the energy of these plants is focused on producing new fruit regularly.

Final Word

By now, you must have got a clear idea of how interesting organic gardening can be, especially if you learn each essential step of planting different seeds with passion. This is what this book has aimed to provide you. While following the basic guidelines of organic gardening, do not forget to apply the useful tips, as they will provide you with the expertise you need for becoming a successful organic gardener.

While gardening for the first time, you will be exposed to numerous challenges such as, getting rid of garden pests without using chemicals, watering your plants the right way, and caring for the growth of each plant individually. The contents of this book will help you solve all these confusions, without the need to ask an organic gardening professional.

Furthermore, you can begin gardening with a single soil bed, and expand your garden as you gain the organic gardening experience. Plant the seeds according to the instructions mentioned in the book, and see the results!

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